

Take Charge Of Your Diabetes

Name: _____

Address: _____

Phone Number: _____ Email Address: _____

For more information or to register for
a workshop, contact:



Dates:

Time:

Location:

Visit the UT Extension Health Program Web site at
<http://fcs.tennessee.edu/healthsafety>

Programs in agriculture and natural resources, 4-H youth development,
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Take Charge of Your Diabetes!



**A free 6-week program to help
you improve your health
one step at a time.**

What is Take Charge of Your Diabetes?

- *Take Charge of Your Diabetes* is a fun, skill-building program designed for persons with diabetes.
- The program helps individuals take day-to-day responsibility for their diabetes care.
- Participants gain skills necessary to self-manage their diabetes and work effectively with their health care professionals.



Things You Will Learn in Each session

Session 1: Common problems with diabetes, diabetes as a chronic condition, self-management tools, blood sugar monitoring, healthy eating

Session 2: Facts about carbohydrates, formula for a healthy eating plan, symptoms of low blood sugar, preventing low blood sugar

Session 3: Preventing and delaying diabetes complications, planning low fat meals and snacks, role of physical activity and exercise, dealing with stress, muscle relaxation techniques

Session 4:
Dealing with anger, fear and frustration;
reading nutrition labels; endurance activities;
guided imagery

Session 5:
Managing depression, thinking positive,
solutions for communications problems, role
of medications in blood sugar control, ways to
remember to take medications, medication
effects

Session 6:
Blood sugar control during sick days, proper
foot care, ways to talk to your doctor, plan
for dealing with diabetes in the future

Who Can Take Part?

- Anyone living with diabetes
- Family member, friend, or care-giver of an individual with diabetes

Program Details

- 6-week program
(6 sessions, 2 hours per session)
- Free program
- Registration is required



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”